

# Find Dental Care

- Washington Information Network 2-1-1  
[www.win211.org](http://www.win211.org)
- WithinReach Answers for Special Kids (ASK) Line  
[www.parenthelp123.org/families/dental-health](http://www.parenthelp123.org/families/dental-health)
- Community and Migrant Health Centers  
<http://wacmhc.org/displaycommon.cfm?an=1&subarticlenbr=9>
- University of Washington Dental Clinic  
<http://www.dental.washington.edu/patient/patient-care-guide.html-0>
- Dental Hygiene Schools Dental Clinics  
[www.wsdha.com/studentsection/schools](http://www.wsdha.com/studentsection/schools)
- Free Clinic Association  
[www.wafreeclinics.org/clinics.html](http://www.wafreeclinics.org/clinics.html)
- Washington Denturist Association  
<http://wadenturist.com/findadenturist.aspx>
- Washington State Dental Association  
<http://www.wsda.org/reduced-cost-dental-care/>

# Oral Health Resources

- Local ABCD Coordinator  
<http://abcd-dental.org/pdf/roster.pdf>
- Local CSHCN Coordinator  
[www.doh.wa.gov/cfh/mch/documents/coordlst.pdf](http://www.doh.wa.gov/cfh/mch/documents/coordlst.pdf)
- Regional Maxillofacial Team  
[www.doh.wa.gov/cfh/mch/maxillofacial\\_review\\_teams.htm](http://www.doh.wa.gov/cfh/mch/maxillofacial_review_teams.htm)
- Medical Home Teams  
[www.medicalhome.org/leadership/teams.cfm](http://www.medicalhome.org/leadership/teams.cfm)
- Smile Mobile Schedule  
[http://www.deltadentalwa.com/Guest/Public/AboutUs/WDS%20Foundation/~media/PDFs/About%20Us/Foundation/smilemobile\\_schedule\\_2012.ashx](http://www.deltadentalwa.com/Guest/Public/AboutUs/WDS%20Foundation/~media/PDFs/About%20Us/Foundation/smilemobile_schedule_2012.ashx)
- Area Agencies on Aging  
[http://www.agingwashington.org/local\\_aaas.asp](http://www.agingwashington.org/local_aaas.asp)
- Washington Tobacco Quitline  
[www.quitline.com](http://www.quitline.com)

# Oral Health for Pregnant Women



For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).



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Office of Healthy Communities

# Good health starts with a healthy mouth.



## Learn how to prevent dental disease by following simple measures at home.

Taking care of your teeth during pregnancy helps **overall health** and keeps you and your baby healthy.

Hormonal changes during pregnancy can increase your risk for **gum disease**. Pregnancy is also a busy time when you may pay less attention to oral hygiene leading to dental decay.

If you have **healthy teeth**, your baby is at lower risk for tooth decay.

Get all **tooth decay** treated before your baby is born. This will decrease the chance of you passing germs that may cause tooth decay to your baby through saliva.

Brush with **fluoride** toothpaste twice a day, after breakfast and before bed with a soft toothbrush. Floss every night.

**Visit a dental provider.** Dentists and dental hygienists are available in private dental offices, community health clinics, schools, and mobile vans.

Dental x-rays and local anesthesia are **safe for you and your baby**. Be sure your provider has a lead apron and thyroid collar to protect you and your baby during x-rays.

**Limit juice**, soda (including diet), and sports drinks between meals.

Sweet and starchy foods (sticky fruit snacks, cookies, crackers, and chips) may cause tooth decay. Eat these foods at meal time. In between meals, snack on fresh fruits, vegetables, cheese, or nuts.

Ignoring personal oral hygiene and needed dental care can cause health problems for you and your baby.

Drink tap water that is optimally fluoridated. Fluoride is safe, effective, and keeps teeth strong.